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FAQs: Quick questions about snooze time

How many hours of sleep do you need?

There is a big difference between the amount of sleep you can get by on and the amount you need to function efficiently. For an adult 6-7 hours of sleep is considered huge in today's fast-paced world. Sleeping requirements vary from person to person, depending on their demographic age. Children

and teens require a good 8-10 hours. In comparison, an infant requires 10-12 hours. Yet, most people we know are often sleep deprived. An excellent way to keep track of your hours is to log them down in your phone or diary.

What are some quick tips that can help in getting a good night's sleep?

Here are some tips you can follow, to

ensure that your body's get's some much-needed rest. Ensure that your room is dark, cool, and there's no external noise. Listen to relaxing music, read a book or take a bath right before going to bed. Focus on your breathing - count till four while inhaling, and till eight while exhaling. This will help relax your mind. Make sure your mattress and pillow are super comfy.

Lights Out: How To Get A Good Night's Sleep



Sleep is an integral part of your life. Sleeping is a natural phenomenon wherein the mind, body and soul are rendered in altered consciousness. Your body requires a certain number of hours to sleep, depending on your demographic. It is an essential part of your day-to-day life and is as indispensable as the supplements you consume in the form of food for survival. You need the minimum amount of sleep to function normally. But with this day and age, getting in the required hours of sleep, for most people is a tough task, due to various reasons. We live in the generation of night owls, where we get work and tasks done at night instead of getting our precious beauty sleep. That often leaves us drained and exhausted for the day that follows. So, what can you do to get a good night's sleep? Read on to find out.

What Happens When You Get A Good Night's Sleep?

Sleep is the basis of good health. Humans spend one-third of their time sleeping. But what exactly happens when you fall asleep? For one, even when you're sleeping, your brain is continuously working and active. It stores new information and gets rid of toxic waste. Neurons are fired in the brain, where they communicate with each other. Sleep helps your mind and body to heal and recuperate and lets you feel rejuvenated and energised when you wake up.

Sleep affects every tissue and system in the body - the brain, heart, and lungs to mood, metabolism, immune system, and efficiency in work. The body releases molecules like hormones and proteins, repair

cells and restores energy. Without sleep, you can't form or maintain the pathways in your brain that let you learn and create new memories, and it's harder to concentrate and respond quickly.

Reasons For Not Getting A Good Night's Sleep

A state of blissful slumber may be hard to come by in this world where everyone's moving at an exaggerated pace. There are various mechanical and chemical reactions in your body that may be keeping you up and awake.

1. Stress - Speaking of the most common reason that most adults and adolescents, especially students, face today. It is impossible to sleep when your mind is always filled with thoughts, and the weight of the world is on your shoulders.

2. Depression - Depression affects both men and women differently. A depressed woman is likely to sleep more, but it's not a restful sleep, it's the one that leaves you drained and exhausted even after. While in men, it causes sleeplessness.

3. Poor Sleeping Habits - These develop over time and from long-ingrained behaviours, like staying up to late. This problem is seen very commonly in youth.

4. Restless Leg Syndrome - It is a condition that causes a creepy, crawly feeling and uncontrollable movements in the legs at night. It's often linked to hormonal changes early in life and known to affect more women than men.

5. Lack Of Exercise - Exercising and sleep are directly proportional to one another. Exercising regularly is known to stimulate you to sleep better.

-Femina

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Garbage automation

CITY
PAGE
4

Mechanised trash transfer to erase city's blackspots



Ticket tantrums

CITY
PAGE
11

Blame game as discontent brews over BJP's LS choices



Citizens suggest temporary halt to water-guzzling construction activity unless sites use treated water

WAT-ERR MARK

'Rs 5,000 penalty on using BWSSB water for construction work'

Garima Prasher
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TWEETS @BangaloreMIRROR

Amid the ongoing water crisis, the Bangalore Water Supply and Sewerage Board (BWSSB) has objected to the use of potable and borewell water for construction purposes.

Some Bangaloreans, meanwhile, suggested construction activities, especially in water-stressed areas in the city, should be temporarily paused.

Citizens said the government should issue stop-work notices to developers if they do not agree to use only treated wastewater at construction sites.

"We are living in an apartment complex near CV Raman Nagar with water rationing. We have water supply between 6 am and 9 am and then between 7 pm and 10 pm. While we are facing this scarcity, a site under construction next to our building has been pouring concrete and curing it twice daily using water from the tankers. Water tankers keep coming to the site and a humongous amount of water is being poured regularly. When we have stopped using water for gardening and cleaning common spaces, seeing so much water being splurged for construction is a painful sight," said a resident.

According to another resident living in a gated layout near Yelahanka, the developer of the layout is using borewell water for layout expansion activities, while residents are facing a supply crunch.

"We do not have water supply



on nearly two to three days in a week. However, the layout we live in is now undergoing expansion; the developer uses groundwater to carry out work such as tile laying, concretising pavement, and so on. These structures are being cured using groundwater," said a resident.

BWSSB announced a couple of days ago that construction projects in the city should use treated water only and the use of drinking water for this purpose will not be allowed. The Board stated that a

fine of Rs 5,000 will be imposed on those using BWSSB water supply or borewell water for non-essential purposes, including construction work.

However, in the absence of any mechanism to track the source of water supply at construction sites, citizens said these sites in water-stressed areas should be temporarily shut.

"I live near Mahadevapura and commute to Bellandur for work

When we have stopped using water for gardening and cleaning common spaces, seeing so much water being splurged for construction is a painful sight

—resident, CV Raman Nagar

CONTINUED ON PAGE 6 >>

How bleak is a gig worker's life



Survey spoke to 5,302 cab drivers, 5,028 delivery persons spread across 8 cities

Rachana Ramesh
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TWEETS @BangaloreMIRROR

A study has revealed that over 43% of app-based workers earn less than Rs 500 per day. This amounts to Rs 15,000 a month after all the costs incurred are deducted. It has also been found that 34% of app-based delivery workers earn less than Rs 10,000 a month while 78% work over 10 hours daily.

The study was conducted by the People's Association in Grassroots Action and Movements and the Indian Federation of App-based Transport Workers. The exercise involved 5,302 cab drivers and 5,028 delivery persons spread across eight cities.

The study found social disparities in the realm of gig work with more than 16% of drivers from the unreserved category working for more than 14 hours as opposed to 60% of drivers from the Scheduled Castes and Tribes.

Throwing light on the differences experienced by the workers from different castes, the report said, "These income disparities further exacerbate the

CONTINUED ON PAGE 6 >>

3 THINGS TO DO



01 Festival getaway

Celebrate Holi and Easter at Four Seasons Hotel through a package that offers a delightful blend of relaxation, culinary delights, and rejuvenation. From discounted rates to complimentary perks, it is tailored to make your festivities truly unforgettable. From egg hunts to an Easter brunch, there's something for everyone to enjoy. **Where:** CUR8, Four Seasons Hotel **When:** Holi on March 24, Easter on March 31 **Reserve:** +91 7619146004 or +91 9606487956



02 Music and heritage

Catch a glimpse of the festival of colour and music that brings together performers, connoisseurs, critics and mentors at the Ekatvam Holi Music Festival. Get enthralled by the Carnatic vocals, Carnatic duets, Carnatic fusion band and Hindustani. Entry is free for all concerts. **Where:** The Bangalore Gayana Samaja, Krishna Rajendra Road, Basavanagudi **When:** March 22 to 25, 4 pm to 9:30 pm

03 Capture it

Learn the basics of mobile phone photography and techniques to make photos and videos cooler at a fun and interactive mobile photography workshop, "Frame It Up: Mobile Photography Workshop for Kids" by Ekya Nava. This workshop is open to the students in the age group of 5 to 10.

Where: Ekya Nava Campus, Pattanur; **When:** March 16, 10:30 am



Back to school, but wards lower in numbers this year

Drop in admissions to BBMP schools calls for reduced quantities of school-supplies; difference of 900 observed this year alone

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TWEETS @BangaloreMirror

To provide quality educational services to students, Bruhat Bengaluru Mahanagara Palike (BBMP) has called for a tender for shoes, socks, and bags for FY 2024-2025. For the years 2024-2025, BBMP will supply 20,619 brown shoes with socks, 15,523 black shoes with socks, and 21,999 school bags. However, in comparison to last year, BBMP is purchasing fewer quantities in this tender. Last year, Palike distributed 17,677 black shoes with socks, 24,359 brown canvas shoes with socks, and 25,698 bags. As compared to last year, there is a 12.18 per cent decrease in the procurement of black shoes with socks, a 15.35 per cent decrease in the procurement of brown shoes with socks, and a 14.39 per cent decrease in the procurement of school bags.

BBMP runs 93 nurseries, 16 primary schools, 33 high schools, 18 PU colleges, and 4 degree colleges. It is noted that these schools that ought to experience an annual rise in enrollment are witnessing a decline

in admissions that corresponds with a reduction in the quantity of school supplies provided. This year as well, brown canvas shoes with socks will be distributed from nursery to high school, and blue canvas shoes with socks in PU colleges. Black shoes with socks will be distributed in nursery, primary, and high schools. School bags will be distributed to all institutions, including BBMP's four degree colleges.

BBMP officials have appropriated the reduced quantities to dip in admission numbers, especially in nursery schools. "We

“Last year, we saw more than 25,000 admissions across all institutions, while this year, we saw just 24,089 – A BBMP education department official

are seeing a dip in admission numbers. Last year, we saw more than 25,000 admissions across all institutions, while this year, we saw just 24,089. We are seeing a dip in nursery schools. However, we are running all BBMP schools with the best facilities," said a



BBMP official from the Education Department.

Activists say that the dip in admissions is due to a lack of publicity, awareness, and advertisements, such as those done by private schools. "Private schools conduct awareness drives almost the entire year. For them, it's a matter of survival. Meanwhile, BBMP schools are run like not-for-profits, for the betterment of underprivileged communities. Many people are not aware of the existence of BBMP schools and institutions. BBMP needs to

provide more publicity for its institutions and conduct door-to-door campaigns to enrol more students. There should also be advertisements through social media and banners in developing areas and public places. The Palike officials must conduct street plays in public to create awareness about these schools and the need for education. The lower numbers are due to a lack of advertisements and awareness about BBMP's institutions," said Narasimha G Rao, Director of the Child Rights Trust.

Training to put her in driver's seat

Women can avail of driving training soon; 100 women can be trained at Regional Driving Training Centre

I Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Good news for unemployed women aspiring to become professional drivers: a Rs 11 crore Regional Driving Training Centre is expected to be operational in 18 months. If all goes well, unemployed women not only from across the state but also from other states can avail of training in driving to become professional drivers. "It will be the first of its kind in the country. Our objective is to ensure complete training in driving for women who want to become professional drivers. It is a residential driving centre where training is given not only in driving but also in self-defence, dress sense, mental attitude, and finance management," said Asha NR, president of the Association of Women Entrepreneurs

of Karnataka (AWAKE).

She further said that the residential driving centre would be constructed on the AWAKE premises near Bidadi. "The regional driving training centre is a joint project of AWAKE, the State, and the Central government. It can accommodate 100 women at a time (in four batches) to undergo training in driving," she added.

Meanwhile, AWAKE is organising the 'Swavalamban Mela 2024' in association with the Department of Industries and Commerce and the Small Industries Development Bank of India at Karnataka Chitrakala Parishath from March 15 to 17. The Women and Child Development Minister, Lakshmi Hebbalkar, will inaugurate the event at 11 am on Friday. "Women entrepreneurs from 31 districts across the state will participate in the event. They will showcase



The location proposed for regional training inside the driving centre

and sell the products they make. We provided 78 stalls for women entrepreneurs, besides facilitating food and accommodation for them free of charge," she said.

The AWAKE has also provided guidance on how to get small loan facilities through banks based on annual income, entrepreneurship development programmes, business chambers for food processing, management development programmes, member service programmes, research resource information

centres, etc.

Speaking about the mela, she said that a fashion show with the theme of saving a girl child would be held on Saturday. "We are signing a memorandum of understanding (MoU) with the National Institute of Food Technology and Entrepreneurship Management for the benefit of women entrepreneurs who can avail of the training and guidance free of charge. We are expecting 50,000 people to visit the mela per day," she added.



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Mechanised trash transfer to erase city's blackspots

With an allocation of Rs 40 crore, BBMP plans to establish three transfer stations, each with a capacity of 150 to 200 MTPD

Sridhar Vivan
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TWEETS @sridharvMirror

The Bruhat Bengaluru Mahanagara Palike (BBMP) has decided to implement mechanised garbage transfer stations across the city to streamline waste management processes. An official explained the rationale behind this decision, highlighting the challenges associated with the current waste collection system. The official stated, "Currently, segregated waste undergoes a multi-step collection process involving wet, dry, and sanitary waste, which can be labour and capital-intensive. The waste is then taken to holding points in the streets, where it is manually transferred to another vehicle for secondary transportation. This process often leads to waste spillage and leachate seepage onto the ground, creating black spots and unhygienic conditions, posing health hazards, and reducing the efficiency of primary collection vehicles."

In line with the goal of achieving a 'Litter-Free' city and eliminating black spots, Deputy Chief Minister DK Shivakumar announced the allocation of funds under the Government of Karnataka-Shubra Bengaluru Grants for 2020-21. He stated, "An amount of Rs 40 crore was allocated to establish three transfer stations with a capacity of 150 to 200 MTPD each, aiming to enhance pub-

lic health and environmental quality by implementing an efficient mechanism for municipal solid waste collection and transportation."

Subsequently, a work order was issued to M/s Parishudh Ventures to establish, operate, and maintain three transfer stations at selected locations within the BBMP jurisdiction. These stations are being set up in Ward No: 148 (Ejipura), BTM layout, Ward No: 138 (Binnipet) in Chamaraipet division, and Ward No: 85 (Doddanekkundi) in Mahadevapura division.

Presently, the transfer station in Ward No: 148 (Ejipura) has been completed and inaugurated. This station is equipped to handle approximately 150 – 200 TPD of waste at one site, effectively eradicating black spots, minimising leachate,

“Currently, segregated waste undergoes a multi-step collection process involving wet, dry, and sanitary waste, which can be labour and capital-intensive

— A BBMP official

eliminating roadside line-ups, and enhancing the city's visual cleanliness. The increased collection efficiency is achieved through a dedicated space for waste transfer and higher-capacity waste containers. Additionally, RFID scanning and weighing of each primary collection vehicle enable data integration with the Command Centre, facilitating precise tracking of waste generation

at a micro level, ensuring accountability and efficient primary waste collection.

The establishment of transfer stations allows for the enhancement of BBMP's infrastructure and reduces dependence on SWM Contractors, alleviating the city's vulnerability to their influence. Mechanised processes eliminate manual waste handling, achieving No Garbage on Ground (NGOG) and enhancing the health standards of municipal workers.

In addition to the transfer sta-

tions, the BBMP also proposed the establishment of Automated Waste Segregation Machines (AWS) to mechanise waste segregation. Under the GOK-Shubra Bengaluru Grants for 2020-21, funds were allocated to establish two AWS units, with M/s Parishudh Ventures contracted to operate and maintain a 5 Tonnes per Hour or 40 TPD capacity AWS machine.

An official elaborated on the key features of the Automated Waste Segregation Unit, highlighting its benefits such as visual cleanliness, real-time waste quantification, opportunities for livelihoods and dignified employment, disease prevention, reduction of landfill burden and pollution, and improved resource recovery and recycling.



Garbage truck collecting waste from Bengaluru roads (file photo)

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Drain damage

Kempegowda Nagar



For the past 6 months, a vacant site has been plagued by drainage leakage from a nearby building. Neither the building owners nor authorities have taken responsibility for addressing the issue.

No licence

CV Raman Nagar



Krishnappa Garden's dhaba, located behind Bagmane Tech Park, operates without the necessary BBMP licence despite being situated in a gated residential community area.

Neglected roads plague Doddakannahalli, residents fume

Citizens express frustration over lack of maintenance, safety concerns escalate

Iffath Fathima
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TWEETS @BangaloreMIRROR

Residents of Doddakannahalli, located in East Bengaluru, have expressed frustration over the continuous neglect of the road stretch connecting Doddakannahalli junction to Chikkanayakanahalli. While neighbouring areas in Mahadevapura witness regular road restoration projects, Doddakannahalli has been left in disrepair for over two years, according to concerned citizens.

Arif, President of the Citizen Movement East Bengaluru, highlighted the situation and said, "The



Delayed works on neglected Doddakannahalli junction

road condition has been a complete disaster for two years. After the MLA election, we were promised that the road would be asphalted. However, it's been almost a year, and the road remains in terrible condition. Every day, other roads in Mahadevapura are being restored,

but this particular stretch has been consistently neglected."

Residents have reported numerous accidents involving two-wheelers due to the poor road conditions. Arif further emphasised, "We have been constantly following up with the elected representatives and other

officials, but they continue to ignore us and fail to address the issue in our locality. We are left with no option but to protest. It's becoming increasingly difficult for us to navigate these roads safely every single day."

Despite repeated attempts to raise awareness and seek assistance, residents feel that their concerns have fallen on deaf ears. "It's extremely challenging to commute on this road. The potholes and uneven surfaces pose a significant risk to our safety, especially for those of us who rely on two-wheelers for transportation," a resident said.

While the residents also recall that the East Bengaluru citizens had come out in large numbers to cast their votes, they haven't even got the basic amenities for themselves. Another resident added, "We pay our taxes and expect basic amenities like well-maintained roads. It's disheartening to see our complaints continuously overlooked while other areas receive prompt attention."

Wires everywhere

Kumara Krupa Road



Metal wires are jutting out of pavements posing risk of pedestrians tripping over.

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We also recently experimented on our saisons where we did a guava saison which combines the fruity, refreshing flavours of guava with the spicy and effervescent characters of a traditional saison, next on tap we experimented with a pineapple saison which was an infusion blend of a tropical fruit with a traditional saison. For the valentines month we did a strawberry cream ale which is an American Ale brewed with the finest oats for a creamy mouthfeel and blended with fresh locally sourced strawberries which results in a light and refreshing drink, its perfect for sharing with your sweetheart or just indulging on your own and what's even better is that these finely crafted beers are priced fairly competitively and reasonably with a pocket friendly price of 299 Rs for a 500 ml and they also offer a 250 ml for 200 Rs to encourage the brewery frequenters,

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Long Boat Brewing Co, India's largest waterfall themed brewery located in Bangalore promises outstanding Craft beers and exclusive culinary experiences

ville Hot wings, Raw Mango Chicken Tikka, Asian Pork Belly, Kundapur Fish Ghee Roast.

We at Longboat serve some lip smacking desserts as well. First up is Ferraro Rocher Entrmet which is a light almond financier with hazelnut mousse and gianduja, Beeramisu which is a Longboat exclusive with our in-house crafted stout beer infused with the famous traditional tiramisu, The recent hit on our desert menu is The Mida's Touch which is Long Boat's version of a chocolate brownie topped with a luxurious layer of chocolate ganache, topped by a scoop of vanilla ice cream and finished with caramelisation of sugar giving it a rich golden colour presentation complementing the chocolate and vanilla. In the newly launched category, we have a perfect blend of tart cranberries and buttery macadamia nuts with our decadent Cranberry Macadamia Dessert. Each bite offers a delightful balance of sweet and tangy flavors, creating a truly irresistible treat.

Not only are Pets welcome, we also have regular pet therapy sessions. There is an enclosed event space as well, where corporates or individuals can host private parties and events. corporates and events.

Says, Vinay (Partner at Longboat), we have tried to do something unique at Longboat and we have attempted to bring the exclusive Viking culture along with Scandinavian feel that would rekindle the long-gone days of conquering the seas, silencing the thunder and making merry. With this in mind, we have recreated an authentic Viking theme starting with an actual Longboat hanging from the ceiling. We have taken pains to curate an array of brews and eats, so that Longboat Brewing Company has something for everyone to keep coming back".



at this price point they are lower than most of the microbreweries out here in the market.

We also have a variety of cocktails with Aqua di Roja (A melange of litchi vodka served with a dash of toasted sesame seeds and rose),

Scandinavian Skies (A gin based concoction with fresh coriander and passion fruit), and Long Boat Latte whiskey (Milk shaken and blended with a dash of a home made spiced honey infusion and finished with edible gold dust), Vi-

king Elixir which is an in house infusion of floral concoction that has Gin with fresh life floral notes of elderflower and thyme, the Viking Elixir can be the centrepiece of any cocktail experience. We also did a unique spin on a classic hot toddy with out home infused honey syrup which consists of cooked turmeric root spices like clove, cinnamon, cardamom and pepper.

An extensive menu offers you global choices to complement the array of brews. The favourites are Long Boat Chicken Tikka, Nash-



Around the ORR in Metro

Cabinet green lights phase 3 of project which will connect Hebbal and JP Nagar on western side, signifying seamless metro connectivity across Outer Ring Road

Sridhar.Vivan
@timesgroup.com

TWEETS @sridharvMIRROR

The state cabinet has granted its approval for the proposal by the Bangalore Metro Rail Corporation Limited (BMRC) to integrate the entire Outer Ring Road (ORR) via the Metro. Currently, Metro construction is underway to link JP Nagar with Hebbal via Central Silk Board as part of BMRC phases 2A and 2B. The third phase, approved by the cabinet, aims to establish connectivity between Hebbal and JP Nagar on the western side. This means that the whole of ORR will be connected with a Metro line in the future.

Revenue Minister Krishna Byregowda stated, "The cabinet has approved two corridors to be undertaken in phase three. The outer ring road stretch from Hebbal flyover to JP Nagar via Goraguntepalya will span 32.15 km in length, and we have also received approval for the 12.5 km stretch from Magadi Road to Kadabagere. The construction cost of these two projects, totalling 44.65 km in length, is expected to be Rs 15,611 crore. Of this investment, 80 to 85 per cent will be borne by the state government, with the remainder from the Centre. BMRC has informed us that these projects will be completed by 2028. Upon project completion, overall ridership is expected to increase by Rs 6.3 lakh."

As per the Metro detailed project report (DPR), two additional double-decker flyovers are likely to come up where the lower deck will accommodate vehicles and the top deck will facilitate Metro passage on the ORR west corridor at two locations - Kanakapura Road-Sarakki (1.3km) and Kamakhyia-Ittamadu-Hosakerehalli (1.5 km).

The third phase will also integrate with six stations on other corridors - JP Nagar 4th Phase (including the station under construction at Bannerghatta Road on the Pink Line), JP Nagar (Green Line), Mysuru Road (Purple Line), Peenya (Green



File photo of Metro's first U-girder launched in Doddanekundi on ORR

Name the price

Bangalore Metro Rail Corporation Limited (BMRC) and Delta Electronics India Pvt Ltd have entered into a Memorandum of Understanding (MoU), with Delta agreeing to contribute Rs 65 crore to the BMRC in exchange for the naming rights of Bommasandra Metro Station. As per agreement, BMRC will be offering naming rights of Bommasandra Metro Station for a period of 30 years with

the approval of the government as 'Delta Electronics - Bommasandra Metro Station'. "Delta Electronics Inc, is a Taiwanese electronics manufacturing company having a strong commitment to environmental sustainability and has implemented various initiatives to reduce its carbon footprint. The company actively promotes energy-efficient products and services to help customers optimise energy

usage and reduce environmental impact," the BMRC said in a statement.

The corporation said that Delta has already submitted Rs 10 crore as part of the innovative financing mechanism for construction of Bommasandra Metro Station on the Yellow Line of R V Road to Bommasandra (Reach-5 line) under Phase-II of the Bangalore Metro Rail Project. **BMB**

Line), Kempapura (including the station under construction on the Blue Line), and Hosahalli (Purple Line).

The ORR West will host 22 stations at JP Nagar 4th Phase, JP Nagar 5th Phase, JP Nagar, Kadirehalli, Kamakhyia Junction, Hosakerehalli

Cross, Dwaraka Nagar, Mysuru Road, Nagarbhavi Circle, Vinayaka Layout, Papireddy Palya, BDA complex Nagarbhavi Sumanahalli Cross, Chowdeshwari Nagar, Freedom Fighter's Colony, Kanteerava Nagar, Peenya, Muthyala Nagar, BEL Circle, Nagashettyhalli, Hebbal railway sta-

tion, and Kempapura. Conversely, Magadi Road (12.5 km) is slated to feature nine stations located at Hosahalli, KHB Colony, Kamakshipalya, Sumanahalli Cross, Sunkadakatte, Herohalli, Byadarahalli, Kamath Layout, and Kadabagere.

'86% of delivery persons find policies 'unacceptable'

CONTINUED FROM PAGE 1

already existing social inequalities and perpetuate cycles of poverty and distress within these communities."

The study noted that the workers are physically exhausted due to the long working hours which significantly increase the risk of accidents taking place on roads. The '10-minute delivery at the doorstep' policy followed by certain e-commerce platforms has amplified the issue. The report noted that 86% of delivery personnel find such policies 'completely unacceptable'.

Close to 72% of cab drivers and 76% of delivery workers are not able to meet their expense requirements; 68% of cab drivers said expenses are much more than income

Furthermore, it has been found that close to 72% of cab drivers and 76% of delivery workers are not able to meet their expense requirements; 68% of the cab drivers said the expenses incurred are much more in comparison to the income they receive. About 80% of app-based cab drivers and 73% of delivery persons expressed their unhappiness over the set fares and rates. They alleged that companies they

work for deduct between 31-40% as the commission rate per ride while officially claiming the deducted commission to be only 20%. Moreover, 68% of the workers found these deductions to be unfair, arbitrary, and unexplained.

On the other hand, the study highlighted how workers struggled to take time off from work — 41% of drivers and 48% of delivery persons reported being unable to take

even a single day off in a week.

The issue of ID deactivation and customer misbehaviour has also been addressed. "A glaring 83% of the drivers reported that the issue of ID blocking affects them negatively, and 47% stated that this issue extremely affects them. In the case of delivery persons, this percentage is even higher at 87%. Customer behaviour affects a significant majority (72%) of drivers negatively, while 68% of delivery persons are reportedly affected by it negatively," the report said. The report has advocated for better compensation and support to be provided for app-based workers.

How not to waste water this summer

CONTINUED FROM PAGE 1

every day. While driving, I come across uncountable construction sites that are using water for construction purposes. Is BWSSB checking each site to ensure drinking water is not being used for construction? While citizens are going through a crisis, construction sites are using water unabated. Since there is no way to ensure they use only treated water, construction activities must be temporarily suspended," said a resident.

No surge in demand from construction industry

The use of treated water has not found many takers in the construction industry yet. According to Shrawanth Donthi, CEO of Tankerwala, the mobile application startup to book treated water through tankers on-demand in the city, currently, treated water is being supplied to BMRC construction sites and a few other government construction projects.

Donthi also said there has been no increase in inquiries by construction companies after BWSSB's recent announcement.

"We have not seen any surge in the number of inquiries by construction companies for treated water. BWSSB has just passed the order and while the Board's vision is in the right direction, we need to develop an infrastructure to implement it successfully. Before BWSSB's order, citizens undertaking home construction had started enquiring, but the bigger fish are yet to lap it up," said Donthi.

Experts told BM that real estate developers are worried that the inferior quality of treated water might adversely impact concrete structures' integrity.

According to construction companies, impurities in the water can cause metal corrosion, introduce unwanted silt and clay into the concrete, and adversely affect the hardening process of concrete. It can also impact the strength of the structure. Experts said this concern has to be addressed for a fast implementation of the water board's order.

Experts highlighted that the quality of water for construction is judged on various parameters, including the presence of sulphate and chloride as these components can affect the quality of concrete.

IS 456:2000 standards indicate the quality of water that should be used in construction. As per the standards, the permissible limit for sulfate is 400 mg/liter; the permissible limit for chloride is 2,000 mg/liter for concrete not containing embedded steel and 500 mg/liter for reinforced concrete.

"As long as water meets the requirements laid down under IS 456:2000 standards, treated or fresh holds no significance. When we test the treated water, we check the level of these components to ensure they are within the permissible limits. We will procure the treated water only if all the parameters are within the permissible limits," said Donthi.

60% Kannada signage: Almost all businesses toe the line

BBMP had issued notices to 50,000 business establishments, of which 49,732 have followed rule; deadline extension being considered



Stores vandalised for failing to adhere to the 60% Kannada on name boards rule (File photo)

Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

Most business establishments in the city have complied with the norm of 60 per cent Kannada name boards. The Bruhat Bengaluru Mahanagara Palike (BBMP) has issued more than 50,000 notices to businesses that failed to follow the 60 per cent name board norm.

The BBMP stated that it had issued 50,357 notices to business establishments for violating the 60 per cent Kannada name board norm. It said that 49,732 business establishments have followed the 60 per cent Kannada name board rule as of March 13, 2024. The BBMP also mentioned that 625 business establishments are yet to follow the norm, but it did not announce the punishment for violation of the norm. The deadline for ensuring the 60 per cent Kannada name boards was February 29.

The BBMP issued notices to 8,634 commercial establishments in Bengaluru East and 8,411 business establishments in Bommanahalli Zone. It mentioned that 7,113 business establishments in Bengaluru West, 6,527 in RR Nagar Zone, 6,165 in Yelahanka Zone, 5,982 in Bengaluru South, 5,967 in Mahadevapura Zone, and 1,548 business establishments in Dasarahalli Zone received notices from the BBMP directing them

All business establishments in the state have to follow the norm before March 20. If they fail, we will not hesitate to protest

—Narayana Gowda, President, Karnataka Rakshana Vedike

to follow the 60 per cent Kannada name board norm. However, 175 business establishments in Yelahanka, 147 in Bengaluru East, 74 in Mahadevapura, 70 in Bommanahalli, 49 in Bengaluru South, 45 in RR Nagar, 39 in Bengaluru West, and 26 business establishments in Dasarahalli Zone are yet to follow the 60 per cent Kannada name board norm.

The government is believed to be contemplating extending the deadline to March 31 to implement the 60 per cent Kannada name board norm. However, Karnataka Rakshana Vedike president Narayana Gowda said that the deadline for following the 60 per cent Kannada name board was March 13. "The deadline may be extended till March 20 for business establishments to follow the 60 per cent Kannada name board. All business establishments in the state have to follow the norm before March 20. If they fail, we will not hesitate to protest," said Narayana Gowda.

Meanwhile, the Federation of Karnataka Chambers of Commerce & Industry (FKCCI) president Ramesh Chandra Lahoti said that FKCCI favours the implementation of the 60 per cent Kannada name board norm across the state. "I am of the opinion that the gov-

ernment should give some more time to business establishments that are yet to implement the 60 per cent Kannada name board norm. It will be a great help for business establishments that failed to replace the name boards due to some reasons," said Ramesh Chandra Lahoti.

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What you don't know can harm you

Menstrual health literacy is alarmingly low – here's busting some common wrong notions

Given that 98 per cent of mammals do not have periods, do you know why humans do?

When I ask my menstrual health workshop participants – including clinicians – there's usually a lot of shrugging and shaking of heads. If given multiple choice options, most think that periods either "clean the womb" or somehow "help prepare for pregnancy".

Not only are these beliefs inaccurate, but they also reproduce damaging myths about the inherent impurity

and abject status (responses of repulsion and horror to aspects of women's bodies such as menstruation and childbirth) of the female body. Wombs are not dirty, or toxic. They do not need to be cleaned. Menstrual fluid is not an excretory product like urine or faeces.

Yes, the blood part can stain clothing, but there is nothing pathological, contaminating, or dangerous about periods. The idea that the womb and vagina are dirty or toxic directly contributes to menstrual stigma and associated discrimination,



such as the exclusion of menstruating people from certain religious places or practices, or the reports of intentional humiliation of female prisoners on their periods.

As part of my research, I reviewed the menstrual cycle content of 16 of the most used biology and physiology textbooks in UK secondary schools, university level natural sciences, medicine, and specialist gynaecology education – and what I found was pretty alarming.

Nobody, it seems, is taught about the function of periods.

So, why do we have periods?

The most robust evidence based theory we have is described by evolutionary biologist Deena Emera and colleagues. Periods likely evolved as a kind of preemptive abortion, to protect women from unviable or dangerous pregnancies.

Humans have exceptionally high rates of genetically abnormal eggs, sperm and fertilised eggs, highly invasive placental attachments, and pregnancy and childbirth are risky – even potentially fatal – experiences for human females. As a result, we have low rates of conception, high rates of miscarriage, and extremely high rates of maternal mortality in comparison to other mammals. In fact, despite advances in modern medicine, nearly 300,000 expectant mothers still die every year, globally.

If there is no pregnancy, as in the case for most menstrual cycles, or an unviable fertilised egg is detected, a period is triggered. Periods cannot possibly help a pregnancy. Just think about it for a minute. How can the removal of the contents of the womb – including any eggs that may be present – possibly help conception or maintain a pregnancy? My research suggests that this assumption is influenced by sexist beliefs that position the female body, and all women, as for having babies – rather than eligible for equal opportunities in education, paid employment, and leadership.

Take a look at this quote from one of the medical textbooks reviewed for the study. It explicitly positions the entire menstrual cycle (not just ovulation) as critical

for having babies, and childbearing as the sole purpose of the female reproductive body. The fact that humans evolved a means to terminate potentially dangerous unviable pregnancies is not so much omitted, as denied.

What else don't we know?

Well, where do I begin? Perhaps with the fact that the second phase of the cycle from ovulation to menstruation is a series of highly inflammatory processes. This was only very briefly mentioned in three out of 16 textbooks.

Given that common premenstrual changes reflect the "cardinal signs" of inflammation – temperature increase, swelling, pain, and blood flow changes – and anti-inflammatory interventions, including diet, lifestyle and medications, alleviate cyclical changes, this is quite the omission. We really ought to be taught from puberty how to reduce period pain and blood loss – this is not difficult science.

In fact, only around half of the textbooks even mentioned blood loss, and only four went on to explain how regular periods typically result in iron deficiency – leading to anaemia in some cases.

Fewer than half of the textbooks mentioned any associated health issues, such as endometriosis, heavy menstrual bleeding, fibroids, polycystic ovarian syndrome, premenstrual syndrome, premenstrual dysphoric disorder, or the cyclical exacerbation of asthma, migraine, epilepsy, irritable bowel syndrome, auto-immune disorders, or anxiety and depression. So, even doctors are not taught enough about female-prevalent illnesses, which must surely have a negative impact on the health outcomes of their patients.

Why aren't we taught this stuff?

In my review, no textbooks mentioned the purpose or embodied – typically painful – experiences of periods, and all effectively reduced the entire menstrual cycle to fluctuating sex hormones.

There is no scientific reason for this. My research shows that the exclusive focus on the female sex

hormones in menstrual education is informed by societal influences, such as the myth of the hysterical or hormonal female.

For hundreds of years, women's experiences of emotional and physical distress were blamed on the womb – as the essence of femininity – rather than distressing life experiences, pain, or underlying health conditions. There is a familiar western stereotype of the pathologically emotional "hysterical woman", who is biologically prone to invent, exaggerate, and imagine things, especially pain or distress. This gender myth is still alive and well, although now we tend to blame the (female sex) hormones.

As soon as the female sex hormones were first identified in the late 1920s, textbooks containing information about menstrual physiology switched from being about its inflammatory processes to hormonal models and explanations. Again, there was no scientific reason for this change in focus, although it reflected existing societal beliefs about the inherently irrational behaviour of women.

Unfortunately, menstrual health literacy has not yet recovered from this shift in physiological models.

So what?

Once the purpose and inflammatory nature of the menstrual cycle are understood, premenstrual changes are no longer mysterious or difficult to treat. It also becomes much easier to differentiate premenstrual changes from underlying health conditions, since the latter will not be substantially alleviated by anti-inflammatory interventions alone.

Teaching the reductive hormonal model of the menstrual cycle unintentionally provides pseudo-scientific evidence for the damaging hormonal or hysterical female gender myth. This myth contributes to disbelief in women's accounts of painful or distressing symptoms, and even reports of abuse and discrimination.

It is time we taught more comprehensive menstrual health literacy to all.

(By Sally King, King's College London, *The Conversation*)

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I E Bharathi W/O, E K Chandrashekar R/o #58, first Floor, Casa Feliz, Lrde Layout, Karthik Nagar, Marathalli, Bangalore-560037 have changed my name to E Bharathi Chandrashekar.

I, Bharati Kodandaram, D/o Late K J Kodandaram, R/O 303 SVM Residency 5th Cross A Block 1st Main Vinayaka Nagar HAL Airport Road, Bengaluru 560017, Karnataka India have changed my name to Bharati Kodandaram Naidu for all future purposes.

I, ANUSHA KEMBAHAVI, residing at 98A, 2nd Block, 23rd Cross, Rajajinagar, Bengaluru-560010, have changed my name after my marriage from ANUSHA KULKARNI to ANUSHA KEMBAHAVI, vide affidavit dated 13.03.2024 before notary Mamatha N.K, B.lore.

I, SHAKEEL PASHA, R/a #101, 7th Main Rd, New Gurappana Palya, BTM Lyt 1st Stage, Bangalore -29, I, have changed my name to SHAKEEL PASHA KODAMHALLY NISAR AHMED Vide affidavit dated 14.03.2024 Sworn before Notary Gopalakrishna Bangalore

I, Vijayalakshmi R/o No 34/2, Nanjappa Garden, Silver Oak Street, Vinayakanagar, Puttenahalli, JP Nagar 7th Phase, Bengaluru 560078 have changed my name to Vijayalakshmi Nagaraja Affidavit Dt.13/03/2024 notary Harisha G, B'luru

I, C SANTHOSHI W/o. Devaraj V, Residing at Flat No. 404, R.R. Archid, A Block 5, Uttarahalli, Subramanyapura, Bangalore-560061, have changed my name to SANTHOSHI D, vide Affidavit dated 11.03.2024, Sworn Before Advocate & Notary Neha Baddi, Bengaluru.

I, Nagaraja R/o No 24, 3rd a main 1st cross, Next to abiyadaya apt, Dollars colony extn BG road, Bengaluru, 560076 have changed my name to Nagaraja Muninanjappa Affidavit Dt.13/03/2024 notary Harisha G, B'luru

I, Amit Singh, S/o Mr Arvind Kumar Singh, R/O E-102, Balaji Elegance, Swami Vivekanand Road, Whitefield, Bengaluru 560066, Karnataka India have changed my name to Amit Kumar Singh for all future purposes.



I, Mohammad Abbas Khan S/o. Peer Mohammed Khan Residing at No.109/51, 2nd Cross, Kogilu Layout, Near Rehmaniya Masjid, Yelahanka, Bengaluru-560064 have changed my name to MOHAMMED ABBAS KHAN vide affidavit dated 13.03.2024 Sworn before notary: D Saralakumari, B'lore

I, Imthiaz Ahmed Khan S/O, Ahmed Khan R/o #76/3, D Haines Road, Neharupuram, Shivajinagar, Bangalore 560051 have changed my name to Imthiaz Ulla Khan for all purposes.

I Jayashankara S/O, Chinnaswamy Reddy R/o No. 118, 1st Main, 3rd Cross, Nisarga Layout, Jigani Main Road, Bannerghatta Post, Bengaluru-560083 have changed my name to Jayashankar C.

I Hasmathunnisa W/O, Mohammed Haneef R/o Masjid Road Devasandra Kr Puram Bangalore North Krishnarajapuram Bangalore Karnataka 560036 have changed my name to Asraf Unnisa.

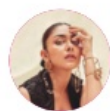
I, Sujith Mon Vargeese s/o Raju Vargeese R/o KHR badauane Javanagondanahalli Hiriyyur Chitradurga-577511 have changed my name to Sujithmon Varghese.

I Farhat Husain D/o Mohammed Husain R/o G1 Sai Teja Apartment 1st Cross Chandra Reddy Layout ST Bed Bangalore- 564007 have changed my name from Farhat Mohammed Husain to Farhat Husain vide Affidavit dt: 13.03.2024 before notary A.S Narayana Reddy Bangalore for all future purposes.

I Nandini Subhash Shukla D/O, Subash Shukla R/o Banashankari Aurum, Flat No. 003, 1st Floor, 1st A Cross Road, Chinnanna Layout, Shampura, Kaval Byrasandra, R. T. Nagar Post Bengaluru 560032 have changed my name to Nandini Subash.

I, FAYAZ., R/at No.2, 8th Cross, 11th Street, J.J.R Nagar, Bengaluru- 560018 have changed my name to FAYAZ PASHA vide affidavit dated: 27/02/2024 Before Notary Deepa.M Bangalore

I Mohammed Ashfaq S/O, Abdul Khader Bagewadi R/o 110, Mahaveer Clover Maruthinagar Yelahanka Bluru-64 have changed my name to Mohammed Ashfaq A B.



Seriously speaking

Actress Mrunal Thakur, is set to participate in a panel discussion titled 'Human Cost of Conflict Related Sexual Violence'. The panel is set to be hosted at the UN Headquarters in New York on Thursday

Friday, March 15, 2024

mybangaloremirror@timesgroup.com
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@BangaloreMirror

MEDIANET



JUDGE NOT

Neha stands up against those trolling Ranveer, Deepika



Ranveer Singh and Deepika Padukone had opened the season 8 of 'Koffee With Karan' and for many, it was the best episode of the season. However, many also trolled the couple for speaking up about their relationship. Many judged Deepika for saying that she was seeing other people along with Ranveer, initially, when they were not committed, but she would just keep coming back to him and eventually knew that he was the one.

Ranveer on the other hand, waited for her. This conversation and revelation on the show led to a lot of backlash on social media, and most of it was uncalled for, felt many.

Neha Dhupia has now reacted to this. The actress said during a conversation with Zoom that judgment is never good, unless one is on stage for a competition, or a beauty pageant where judgement is needed. She added, "You don't want to be a high scorer when it comes to judgment and cancel culture. I sometimes feel like not just that but things are taken too far."

She added, "In the near future, things will be taken so far that people will stop caring. Like Shahid Kapoor said on my show that 'I'll be myself. As long as I'm not hurting anyone, not offending anyone, I'm allowed to be myself.'"

And I really liked that. I felt like I was talking to Shahid 2.0."

On the work front, Neha will be seen next in Vicky Kaushal and Triptii Dimri starrer romantic comedy.

—ETimes

A movie with Malnad flavour

Gowrishankar is flying high after an overwhelming response to his movie Kerebete at a premier show held at Orion Mall on March 12. A majority of the prominent personalities and media persons appreciated Gowrishankar for his sterling performance and billed it as the most intense romantic movie made in recent years.

"I was happy when director Shashank told me that he watched such an intense love movie after a long gap. I am grateful to him for his encouragement," said Gowrishankar.

Appealing to moviegoers not to miss watching Kerebete at a theater nearest to them, Gowrishankar said that some well-wishers told him the movie has the potential to haunt the audiences for one week after they watched it at theaters for the first time. "They told me the movie is on par with its teaser and trailer. They appreciated my performance in the movie. My character has two shades," he said.

Kerebete is bankrolled by



Gowrishankar's brother Jaishankar Patel under the Janamana Cinemas banner. Rajguru B has helmed the movie besides writing the script. "Kerebete is the first movie that has a Malnad flavour. It has showcased Malnad culture in depth and portrayed the lifestyle of people in Malnad region. All the actors have acted well," he said. Kerebete features Gowrishankar, Bindu Shivram, Gopalakrishna Deshpande, Sampath Maitreya, Harini Srikanth, and others.

Pooja back to work

Pooja Hegde, who served as one of the judges for the Miss World grand finale in Mumbai this past weekend, has returned to the sets of her upcoming film 'Deva' to resume shooting.

The actress stars opposite Shahid Kapoor in the film. The new schedule is unfolding in Mumbai. The film also has Pavail Gulati in a pivotal role.

Taking to social media, Pooja offered fans a sneak peek from the 'Deva' sets. She wrote in the caption, "Back to shoot #DEVA". 'Deva' is an action-packed

thriller directed by Rosshan Andrews; Zee Studios and Roy Kapur Films are the producers.

The film is set to hit theatres on Dussehra, or October 11 later this year.

Earlier, Pooja, who was last seen in the Salman Khan-starrer 'Kisi Ka Bhai Kisi Ki Jaan', went on a vacation to Goa. The diva, who enjoys 26.6 million followers on

Instagram, dropped a series of pictures of her basking in the Goan sun while sporting a no-makeup look.

She also dished up glimpses of some of the culinary delights of Goa and a picture of her chilling by the poolside.

—IANS

Neat and clean family entertainer

Director Kenja Chethan Kumar, who is known for comedy, romance, and drama genre movies such as Prema Geema Jaane Do and Devaru Bekagiddare, has once again come out with a movie that is a mix of comedy, romance, and sentiments. It is a mix of three stories that take place in different cities but the specialty is that these three stories are connected with each other.

Chow Chow Bath does not have the scenes glorifying violence and crime or double entendres. The movie begins with the story of Sachin (Dhanush S Baikampady) who comes to Rocky's house to take the latter's bike, a Bullet. The second story is about Sathya

(Sankalp Sharma) who gets 108 love at first sight opportunities but succeeds in none. Sathya goes to a medical camp along with his friends. The third story is about Shashank (Sagar Gowda) who has to pick his mother up from Yeswanthpur railway station. Shashank, while waiting for his mother Sunitha (Aruna Balaraj), happens to come across Sandhya (Sushmitha Bhat) who is in tears. Circumstances compel Sandhya to stay with Shashank and his mother Sunitha. What happens to Sandhya and how the other stories connected with each other is what Chow Chow Bath is all about.

As far as the performance of the actors is concerned, all have acted like experienced actors. The

discussion between Aruna Balaraj and Sagar Gowda is lively. Both of them competed with each other for the best acting spot as a lovable son and an affectionate mother. Sankalp Sharma and Sushmitha Bhat have acted well. Dhanush S

CHOW CHOW BATH

3 RATING ★★★★★

• **DIRECTOR** Kenja Chethan Kumar
• **ACTORS** Aruna Balaraj, Sagar Gowda, Sankalp Sharma, Sushmitha Bhat, Dhanush S Baikampady
• **Duration** 107 minutes
• **Certification** U/A



Baikampady, Geetha Bangera, and Prakasha Shastry provide good support.

Songs are good, especially the songs – Kannu Irode and Iralli Heege – are melodious. Music by

Hemanth Jois is lilting. Cinematographer Rudramuni Belagere has done a great job behind the camera.

All in all, the film is worth a watch. —Y Maheswara Reddy

Discontent brews over ticket distribution

Overlooked BJP leaders mince no words; blame game begins as some supporters go awry

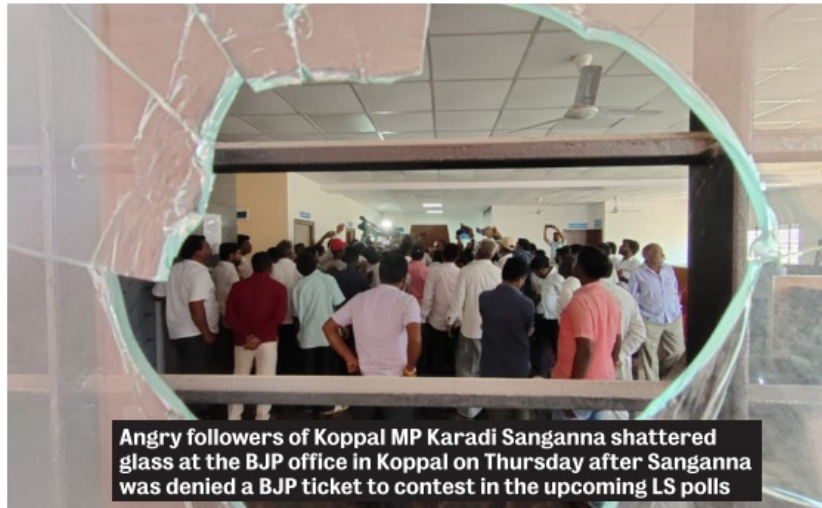
Sridhar Vivan
sridhar.vivan@timesgroup.com

TWEETS @sridharvMirror

Following the announcement of tickets for the upcoming Lok Sabha elections, the BJP is encountering discontent among senior leaders who were overlooked. On Thursday, supporters of current MP Karadi Sanganna expressed their frustration at the BJP office in Koppal by staging a protest and even breaking the windows, demanding a ticket for Sanganna. BJP has assigned the ticket to Dr Basavaraj Kyavator.

Sources revealed that the Congress has reached out to Sanganna, indicating that they would consider offering him a ticket for the Lok Sabha if he decides to switch sides. Meanwhile, Jagadish Shettar, who recently rejoined the BJP, remains hopeful that his name will be announced for the Belagavi constituency as the suspense persists.

Meanwhile, senior BJP leader KS Eshwarappa voiced his disappointment on Wednesday after his son was denied



Angry followers of Koppal MP Karadi Sanganna shattered glass at the BJP office in Koppal on Thursday after Sanganna was denied a BJP ticket to contest in the upcoming LS polls

a ticket for the Haveri-Gadag Lok Sabha seat, attributing the blame to former chief minister and Lingayat stalwart BS Yediyurappa. Expressing dissatisfaction after the BJP nominated former CM Basavaraj Bommai for the Haveri-Gadag Lok Sabha constituency, Eshwarappa claimed that Yediyurappa had assured him that his son KE Kantesh would be the party's candidate for the seat. Eshwarappa said he has called a meeting of his supporters on Friday to determine the next steps. "Yediyurappa assured that Kantesh would receive the BJP ticket from Haveri. Based on his assurance, Kantesh focused his efforts on Haveri, striving to gain the trust of the people. However, my son was ultimately denied a ticket. Yediyurappa betrayed our trust. My supporters are urging me to run

as an Independent candidate for the Shimoga seat, opposing Yediyurappa's son BY Raghavendra. The Karnataka party unit is dominated by one family. There is a growing call to safeguard the party from this family's control. Are there no other prominent Lingayat leaders in Karnataka? Yediyurappa ensured tickets for Shobha Karandlaje and Basavaraj Bommai. Then why was my son Kantesh disregarded? This is a gross injustice. I have faithfully served the party for 40 years. CT Ravi, Sadananda Gowda, Nalin Kumar Kateel, and Pratap Simha have also voiced their support for me, acknowledging the unfairness."

Responding to Eshwarappa's dissatisfaction, Bommai remarked earlier, "I had appealed to the Parliamentary Board to

nominate KE Kantesh to ensure social justice, but national leaders chose me instead, aiming to secure the party's victory from the seat. Eshwarappa is a highly esteemed and valued party colleague, and he will be accorded the respect he deserves."

"The party workers desired sitting MP DV Sadananda Gowda to contest again from the Bengaluru North Lok Sabha constituency. Both Eshwarappa and Sadananda Gowda will be offered prominent roles within the party," Bommai added.

In response to Eshwarappa

attributing his father for the ticket denial, Yediyurappa's son and incumbent MP BY Raghavendra assured that party leaders would reach out to him.

"Eshwarappa is upset, which is understandable. Anyone in his position would feel hurt. It's natural to experience pain in such situations. I don't know why they (Eshwarappa and his son) were not given tickets. However, I am unaware of why he accused BS Yediyurappa. It appears that he holds an incorrect opinion about my father," Raghavendra said.

Criminals open fire during jewellery store heist attempt

Four individuals perpetrated a violent attack at Laxmi Bankers and Jewellers shop in Devinagar on Thursday, leaving two injured. The perpetrators abandoned a firearm at the scene, indicating their intent to steal gold ornaments. When confronted by store staff, they resorted to gunfire before fleeing. The incident occurred between 11 am and 11:15 am within the jurisdiction of Kodigehalli Police Station. The suspects were captured on surveillance cameras fleeing on two motorbikes, wearing helmets to conceal their identities.

The victims, identified as Hapuram and Andaram, sustained gunshot wounds to the leg and stomach respectively.

DG and IGP Alok Mohan, along with Police Commissioner B Dayananda, visited the scene to assess the situation and urged swift action. "Around 11:15 am, assailants entered the shop and opened fire, resulting in two injuries. The victims are in stable condition. We are pursuing the suspects based on evidence and monitoring city exit points. This appears to be a robbery attempt; shots were fired when the perpetrators encountered resistance," the Police Commissioner said. — BMB

CRIME FILES



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YODHA

IN CINEMAS TODAY

PVR - INOX CINEMAS (DIRECTORS CUT, FORUM REX WALK, 10:40, 1:35, 4:30, 7:25, 10:20 p.m.)

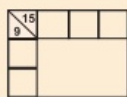
NEXUS FORUM MALL, KORMANGALA, 9:40, 10:10, 12:35, 3:50, 6:40, 10:00, 10:30 p.m. | ORION MALL, YESHWANTPUR, 9:45, 10:35, 1:30, 4:10, 7:20, 10:00, 10:15 p.m. | VAISHNAVI SAPPHERE MALL, TUMKUR ROAD, 10:00, 12:55, 3:50, 6:45, 9:40 p.m. | VEGA CITY MALL, 9:55, 10:30, 1:25, 4:10, 7:05, 7:35, 10:00 p.m. | MSR REGALIA, 10:40, 1:35, 4:30, 7:25, 10:20 p.m. | PHOENIX MARKET CITY, K.R. PURAM, 10:30, 1:25, 4:20, 7:15, 10:10 p.m. | BHARTIYA CITY, 10:00, 12:55, 3:50, 6:45, 9:40 p.m. | GT WORLD MALL, 11:30, 4:25, 7:20, 10:15 p.m. | AURA PARK SQUARE, WHITEFIELD ROAD, 9:45, 12:40, 3:40, 10:15 p.m. | SPIRIT MALL, 10:00, 4:00, 7:05, 10:30 p.m. | VR MALL, WHITEFIELD ROAD, 9:05, 9:40, 12:20, 4:30, 7:25, 10:30 p.m. | GLOBAL MALL, NAYANDALLI, 9:25, 12:20, 3:45, 6:35, 9:30 p.m. | UPTOWN OMR MALL, 10:20, 1:15, 7:05, 10:00 p.m. | SUPERPLEX FALCON CITY, 9:40, 10:00, 12:35, 3:45, 6:50, 9:40, 10:20 p.m. | MANTRI MALL, 9:40, 12:15, 4:10, 7:15, 10:10 p.m. | CENTRAL MALL, J.P. NAGAR, 9:30, 4:10, 7:05, 10:00 p.m. | GARUDA MALL, 11:00, 1:55, 4:25, 7:25, 10:10 p.m. | SWAGATH MALL, 10:35, 1:30, 7:20, 10:30 p.m. | BROOKFIELD MALL, 10:00, 12:55, 7:15, 10:10 p.m. | LIDO, 10:10, 4:00, 7:35, 10:30 p.m. | VALUE MALL, 9:45, 12:50, 3:55, 7:35, 10:30 p.m. | GALLERIA MALL, RMZ YELAHANKA, 9:55, 4:05, 7:25, 10:10 p.m. | GARUDA, YELAHANKA, 12:35, 12:10, 5:20, 10:30 p.m. | SBR HORIZON, SEEGEHALI, 10:00, 7:25, 4:20, 7:15, 10:10 p.m. | CINEPOLIS CINEMAS (ROYAL MEENAKSHI MALL, 10:00, 2:00, 4:50, 7:40, 10:30 p.m. | ETA MALL BINNY MILL, 10:00, 11:00, 1:50, 4:40, 7:30, 10:20 p.m. | EAST ORION MALL, 10:20, 1:10, 7:20, 10:10 p.m. | SHANTINIKETAN, 10:00, 2:00, 4:50, 6:45, 7:40, 10:30 p.m. | SJR SPECTRUM MALL, 10:30, 1:20, 7:00, 9:50 p.m. | LULU MALL (TRD), 10:00, 2:00, 4:50, 7:40, 10:30 p.m. | LULU MALL (VIP), 10:15, 7:15, 10:05 p.m. | GOPALAN CINEMAS (ARCADE MALL, 10:15, 5:15, 9:45 p.m. | LEGACY MALL, 10:30, 1:15, 6:45, 9:45 p.m. | GRAND MALL, 9:30, 2:30, 7:15, 10:15 p.m. | SIGNATURE MALL, 1:15, 5:30, 10:00 p.m. | INNOVATION MALL, 10:30, 7:00, 10:00 p.m. | INNOVATIVE (MARATHALLI, 10:30, 1:45, 4:00, 7:30, 10:15 p.m. | KINO CINEMA (SEEGEHALI, 10:30, 4:05, 7:30 p.m. | CINEPHILE (HSR LAYOUT, 10:00, 3:20, 7:45, 10:15 p.m. | ROCKLINE CINEMA MALL (JALAHALLI CROSS, 11:00, 4:00 p.m. | MOVIE TIME (DAVANGERE, 12:00, 7:45 p.m. | ABHINAY (K.G. ROAD, 4 Shows) | URVASHI THEATRE (BANGALORE, 4 Shows) | CAUVERY THEATRE (2 Shows) | SWAGATH SHANKARNAG (M.G. ROAD, 12:00, 7:45 p.m. | LAKSHMI (TAVAREKERE, 2 Shows) | PRUTHVI (NAGAWARA, 2 Shows) | PUSHPANJALI (SULTANPALYA, 2 Shows) | JAI BHARATH THEATRE (TUMKUR, 2 Shows) | VINAYAKA THEATRE (VARTHUR, 2 Shows) | PVR - INOX CINEMAS (FIZA MALL, MANGALORE, 10:20, 1:15, 4:10, 7:05, 10:00 p.m. | FORUM MALL, MYSORE, 10:20, 1:15, 4:10, 7:05, 10:00 p.m. | GARUDA MALL, MYSORE, 10:25, 1:20, 7:35, 10:30 p.m. | SATYAM MALL, MYSORE, 10:40, 1:10, 2:35, 7:25, 10:10 p.m. | S MALL, TUMKUR, 9:55, 1:15, 3:05, 6:55, 10:30 p.m. | CENTRO MALL, MYSORE, 10:00, 12:10, 5:25, 7:25, 10:30 p.m. | MANIPAL, 10:00, 12:55, 6:45, 9:40 p.m. | CINEPOLIS (CITY CENTRE MALL, MANGALORE, 9:45, 12:35, 3:25, 6:55 p.m. | BHARATH CINEMAS (MANGALORE, 10:30, 2:15, 7:45, 10:15 p.m. | MANIPAL, 10:45, 4:45, 7:30, 10:00 p.m. | KUNDAPUR, 10:45, 2:15, 6:45, 9:30 p.m. | PADUBIDRE, 10:45 a.m., 1:45, 7:15, 10:00 p.m. | PUTTUR, 1:45, 6:00, 10:15 p.m. | SHIMOGA, 11:30 a.m., 7:30, 10:30 p.m. | UDUPI, 10:30 a.m., 4:30, 9:15 p.m. | DRC CINEMAS (MYSORE, 4:30, 7:30 p.m. | SP CINEMAS (MANGALORE, 2 Shows) | VISION CINEMAS (MYSORE, 10:30, 1:30, 7:00, 9:00 p.m. | RAJAKAMAL THEATRE (MYSORE, 4 Shows) | BALAJI CHIKKALSANDRA (3 Shows) | CINE GALAXY (MANGALORE, 10:30 a.m., 12:30, 1:50, 4:50, 8:00, 10:30 p.m.) | NATARAJ COMPLEX (BELLARY, 4 Shows) | SARASWATHI THEATRE (HOSPET, 2 Shows).

FOR ANY CHANGES OR CANCELLATION IN SHOW TIMINGS, PLEASE CONTACT THE THEATRE

FARNAZ

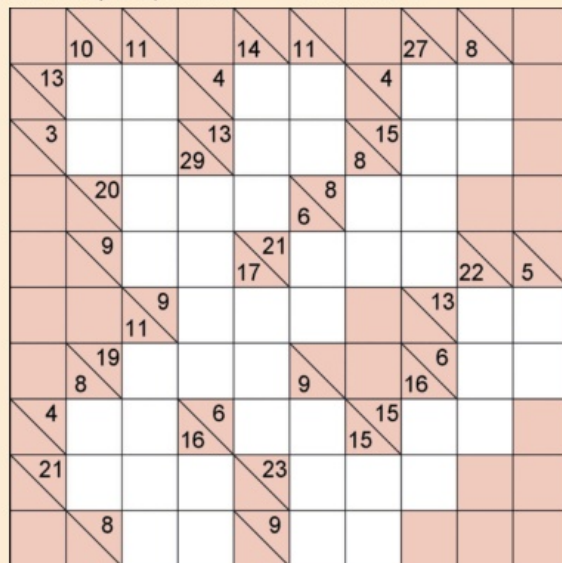
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

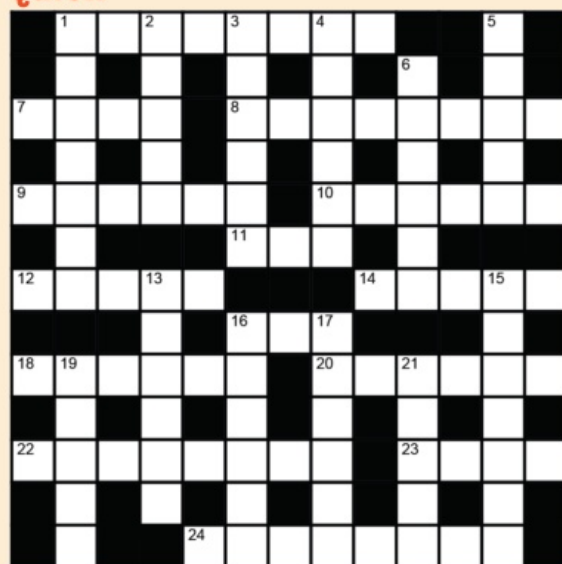


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 1 Tidiness (8)
- 7 Egg-shaped (4)
- 8 Study of religion (8)
- 9 Car company now owned by GM (6)
- 10 As a precaution (2,4)
- 11 Grandmother (3)
- 12 A semiprecious stone, a variety of chalcedony (5)
- 14 Beasts of burdens (5)
- 16 Extinct flightless bird (3)
- 18 Loss of speech (6)
- 20 Poked or pushed (6)
- 22 Volcanic outburst (8)
- 23 Hindu god of fire (4)
- 24 Cricket great Sunil ____ (8)

DOWN

- 1 Theatre at Rajaji Nagar (7)
- 2 Shining or gleaming (5)
- 3 Conception, idea or belief (6)
- 4 Intercede (4,2)
- 5 Salaries (5)
- 6 Casual trousers? (6)
- 13 Slit up into flowers? (6)
- 15 ____ Rigby: Beatles hit (7)
- 16 Capital of the Philippines (6)
- 17 ____ Caves : historic caves in Maharashtra (6)
- 19 Big (5)
- 21 Jet ____ : deep, glossy and quite dark? (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: B EQUALS H
BT HBRH ERCHJ MIGL WG-
ZHMLT, CJ LTQTZ JMZT GW R
KCLLTZ.



Linemaro

Can I follow you home?
Cause my parents
always told me to
follow my dreams



Mindchow

Accept no one's
definition of your life.
Define yourself.



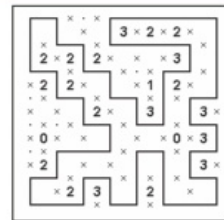
Joke of the day

Dentists make money
off people with bad
teeth. Why should I
trust the toothpaste
they recommend?

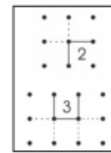
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

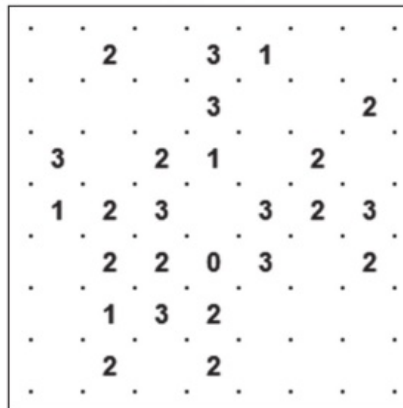


(Fig B)
Not Allowed

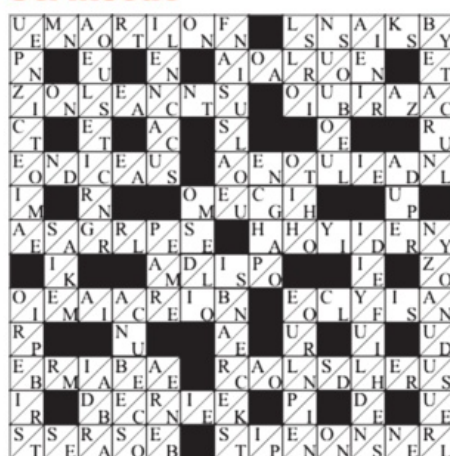
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

- 1 Calms; 6 Lemna;
- 7 Al Gem; 8 Scum I;
- 9 Rick B

DOWN

- 1 CM Lib; 2 Muler;
- 3 Masai; 4 Gamie;
- 5 Necks

Mensapuzzle

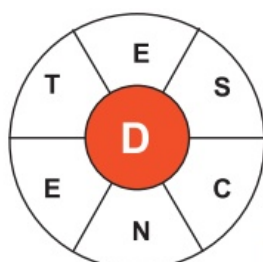
Each set of nine numbers relates to the other in a certain way. Work out the logic behind the numbers in the left-hand box in order to determine which number is missing from the right-hand box.

3	7	2	6	7	1
1	5	4	3	?	4
2	9	4	1	2	1

Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 11 Good; 13 Outstanding



SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

4 6 7 7 = 24

Medium

4 6 6 8 = 48

Hard

2 5 6 3 = 10

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Purse is longer. 2. Window sill is added. 3. Ear is smaller. 4. Tree trunk is different. 5. Coat is shorter. 6. Cuff is added to sleeve.

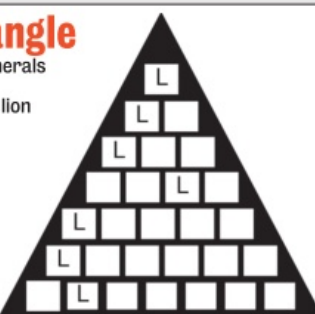
Riddler

Using the chemical symbols, which currency can be made from potassium, oxygen, ruthenium and sodium?

Alpha triangle

- 1 Fifty in Roman numerals
- 2 'Behold!'
- 3 Constellation : The lion
- 4 Lothario's look
- 5 Letha's complaint
- 6 Recorded
- 7 Blocked up

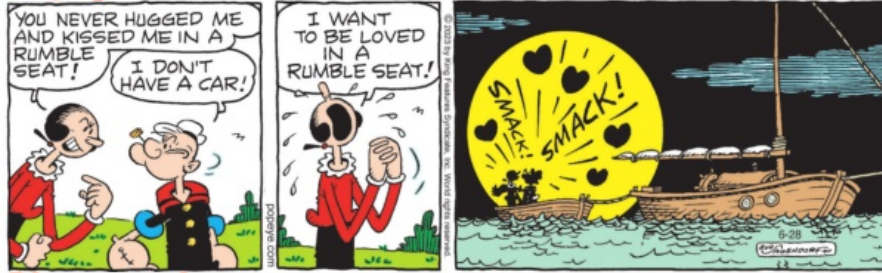
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



made at each step answering to the clue given.

COMICS

Popeye



Bizarrotrip



Diamond Lil



Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today, you are blessed with the moon. You have some sort of internal strength, which may help you make difficult decisions at work. Disputes with your partner are likely to be resolved. Singles may expect to find a good match with the help of relatives or friends, and you may also receive some investments in your business from outside resources.



Leo Jul 24 - Aug 23

Today, you may be happy as property-related issues with siblings might be settled. You may meet an influential person who can help grow your work. Your professional contacts may also aid in business growth. Follow your intuition before making investments in fixed assets, and expect short work-related travel.



Sagittarius Nov 23 - Dec 22

Today, you may be busy in social gatherings and may meet old friends. Your strong network may benefit you in the near future on the work front. Students may perform better academically, and lovebirds may enjoy their time together.



Taurus Apr 21 - May 20

Today, you are blessed by the moon. Your inner strength may make you confident, which will reflect in your way of working. You are likely to receive good news in legal matters. Money that was previously stuck may be recovered today, increasing your savings. Your children's health may also improve. In domestic life, try to avoid unnecessary arguments.



Virgo Aug 24 - Sep 23

Today, you may be busy with family and friends, planning outings or adventure tours. Your children's health might upset you, but you are blessed by the moon, which may help you find success. Your savings may increase, improving your financial health.



Capricorn Dec 23 - Jan 20

Today, you may have the support of your family members and see expansion in your family business, enhancing your family's social status. You may also plan to expand your family, improving bonding between members. Students may apply for scholarships for higher studies.



Gemini May 21 - Jun 21

Today, with the help of blessings, you may expect to gain from your past investments. You may plan to renovate your house or office and invest in intellectual assets like buying books or updating your knowledge. Singles may find a soul mate in the same field. Natives related to research, education, and agricultural work may perform better.



Libra Sep 24 - Oct 22

Today, you may be full of vitality and inner strength, making good plans for the growth of your family business. You may receive blessings from elders, enabling you to implement new plans efficiently. Your wisdom may help you make good decisions, enhancing your social status.



Aquarius Jan 21 - Feb 19

Today, you may be more spiritual, expecting gains from past investments. Your bonding with your boss may improve, leading to benefits such as promotions. Good news from siblings may also be received. Control your harsh speech in your personal and love life to avoid negative effects.



Cancer Jun 22 - July 23

Today, you may feel unhappy and may be a victim of arrogance, affecting both your personal and professional life. You may feel pressure and detachment from your responsibilities, leading to impatience at work. Take care of your parents and postpone important decisions related to work.



Scorpio Oct 23 - Nov 22

Today, you may face health issues due to sleeplessness, leading to mental fatigue and laziness. Avoid rush driving and unnecessary expenses on worthless items.

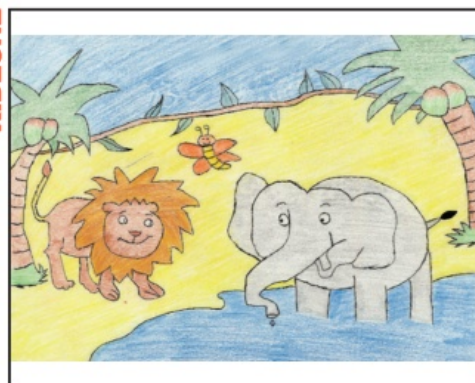


Pisces Feb 20 - Mar 20

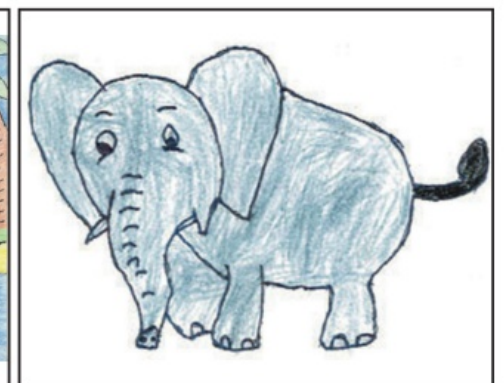
Today, you may experience sleeplessness and laziness, affecting your inner strength and work projects. Avoid investments in worthless items and spicy food, as it may affect your digestive system. Avoid rush driving and careless behaviour.



KIDZONE



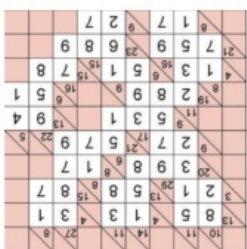
Madeeha Matheen, 9 Years, Tawakkal International School



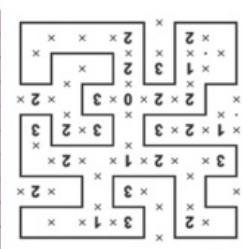
Sumuk P L, 7 Years, National Public School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

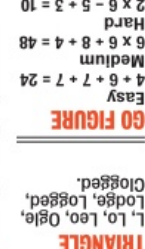
SOLUTIONS



KAKURO



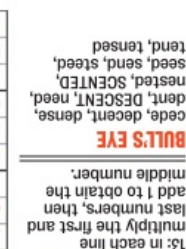
LOOP



ALPHA TRIANGLE



SUDOKU



MENSA PUZZLE



QUICK



STRIKE OUT



RIDDLE



SOLVE IN 1M

JOS ALUKKAS

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